

# FORTY DAYS



# Forty Days

*Many people like to have a special book for Lent. Here is one you can use, and it is very short and easy so that you need never say you 'hadn't time'.*

*For each of the Forty Days (which do not include Sundays) there is a short sentence. Read this when you get up in the morning, learn it by heart, and try to think of it sometimes during the day. After the text there is an idea for a prayer, which you can say then or later on in the day—perhaps when you go to bed. You might like to cross out each day when it is over, as you sometimes do with calendars.*

*All the sentences are taken from the Psalms. Our Lord loved the Psalms and often used them as prayers, especially when He was being tempted by the devil and when He was on the Cross. You will love them too, more and more as you grow older.*

*At the beginning of the book there is a blank page where you can write your Lent rule. Don't make too difficult a rule, though of course it should cost you something; all the same, it wouldn't be very pleasant for other people if you made yourself cross and miserable by too much giving up! The important thing is to overcome some bad habit and so grow closer to Our Lord.*

*Be good and happy, and have a Merry Lent.*

# My Lent Rule

*My Name*

*My Address*

*My Church*

1

**ASH WEDNESDAY**  
**THAT I MAY DAILY**  
**PERFORM MY VOWS**

*Psalm 61 v. 8*

*Offer your Lent Rule to God, and ask for grace to keep it faithfully.*

2

**1st THURSDAY**  
**HE HATH GIVEN THEM A LAW**  
**WHICH SHALL NOT BE BROKEN**

*Psalm 148 v. 6*

*All creation is made to serve God. Promise to serve Him to the end.*

3

**1st FRIDAY**  
**GOD IS THE KING OF ALL**  
**THE EARTH**

*Psalm 47 v. 7*

*S. Teresa used to speak of God as "His Majesty". Pray that you may always be a loyal subject.*

4

**1st SATURDAY**  
**LORD, I HAVE LOVED THE**  
**HABITATION OF THY HOUSE**

*Psalm 26 v. 8*

*Tomorrow you are going to Mass. Tell God how much you are looking forward to this great privilege.*





*Lord, I have loved the habitation  
of Thy house*

**SUNDAY—LENT I**

**5**

**1st MONDAY**

**THE LORD IS MY SHEPHERD :  
THEREFORE CAN I LACK NOTHING**

*Psalm 23 v. 1*

*Pray for complete trust in God.*

**6**

**1st TUESDAY**

**I WILL GIVE THANKS UNTO THEE,  
FOR I AM FEARFULLY AND  
WONDERFULLY MADE**

*Psalm 139 v. 13*

*Praise God for your body: your health and energy.*

**7**

**2nd WEDNESDAY**

**I WILL CONSIDER THY HEAVENS,  
EVEN THE WORKS OF THY  
FINGERS**

*Psalm 8 v 3.*

*Think of a sky full of stars, and praise God for all  
He has made.*



*I will consider Thy heavens,  
even the works of Thy fingers*



8

2nd THURSDAY

**HE SHALL GIVE HIS ANGELS  
CHARGE OVER THEE : TO KEEP  
THEE IN ALL THY WAYS**

*Psalm 91 v. 11*

*Thank God for your Guardian Angel, who is always  
with you.*

9

2nd FRIDAY

**UPON THY RIGHT HAND DID  
STAND THE QUEEN IN A VESTURE  
OF GOLD**

*Psalm 45 v. 10*

*Praise God for Our Lady, and try to love her more.*

10

2nd SATURDAY

**I WAS GLAD WHEN THEY SAID  
UNTO ME : WE WILL GO INTO  
THE HOUSE OF THE LORD**

*Psalm 122 v. 1*

*There are lots of people who never go to church.  
Pray for them.*



**SUNDAY—LENT II**

**2nd MONDAY**

**SO TEACH US TO NUMBER OUR  
DAYS : THAT WE MAY APPLY  
OUR HEARTS UNTO WISDOM**

*Psalm 90 v. 12*

*Ask God to show you what He wants you to do when  
you are grown up.*

**2nd TUESDAY**

**THOU ART MY STRONG ROCK  
AND MY CASTLE**

*Psalm 31 v. 4*

*Probably there are some things you are afraid of.  
Ask God to give you courage.*

**3rd WEDNESDAY**

**O THAT MEN WOULD THEREFORE  
PRAISE THE LORD FOR HIS  
GOODNESS !**

*Psalm 107 v. 8*

*Tell God that you want everyone to know, love and  
serve Him.*



*Thou art my strong rock and  
my castle*

**3rd THURSDAY**

**O CAST THY BURDEN UPON THE  
LORD AND HE SHALL NOURISH  
THEE**

*Psalm 55 v. 23*

*Our temptations and our worries are all known to  
our Heavenly Father. Tell Him about yours.*

**3rd FRIDAY**

**HE SHALL JUDGE THE WORLD  
IN RIGHTEOUSNESS**

*Psalm 9 v. 8*

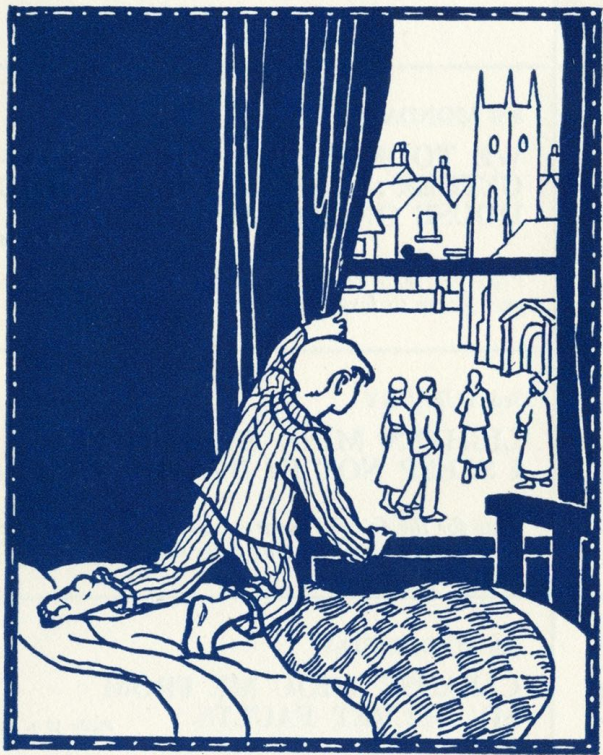
*God is not only our Father and our Saviour, He is  
also our Judge. Pray that you may learn to do His  
Will.*

**3rd SATURDAY**

**O GOD, THOU ART MY GOD :  
EARLY WILL I SEEK THEE**

*Psalm 63 v. 1*

*Perhaps you are not yet one of those people who go  
to church early to receive Holy Communion. Look  
forward to that time and ask God to prepare you  
for it.*



*O God, Thou art my God: early  
will I seek Thee*



**SUNDAY—LENT III**

**3rd MONDAY**

**WE TOOK SWEET COUNSEL TO-  
GETHER : AND WALKED IN THE  
HOUSE OF GOD AS FRIENDS**

*Psalm 55 v. 15*

*Pray for your friends. Pray that you may help  
each other to love God more.*

**3rd TUESDAY**

**LIGHTEN MINE EYES, THAT  
I SLEEP NOT IN DEATH**

*Psalm 13 v. 3*

*Pray for the faithful departed, and that you may be  
found ready whenever God calls you.*

**4th WEDNESDAY**

**CLEANSE THOU ME FROM  
MY SECRET FAULTS**

*Psalm 19 v. 12*

*Is there anything that you would be ashamed for  
others to know? Tell God you are sorry.*

**4th THURSDAY**

**MY TALK HATH BEEN OF THY  
TRUTH, AND OF THY SALVATION**

*Psalm 40 v. 12*

*Don't be ashamed of your religion. Pray for courage  
to stand up for it.*

**4th FRIDAY**

**LET THY PRIESTS BE CLOTHED  
WITH RIGHTEOUSNESS**

*Psalm 132 v. 9*

*Pray for your priests, and that more men may be  
called to the Priesthood.*

**4th SATURDAY**

**I WILL OFFER IN HIS DWELLING  
AN OBLATION WITH GREAT  
GLADNESS**

*Psalm 27 v. 7*

*Thank God for sending His Son to be our Sacrifice.  
You will join in this offering tomorrow at Mass.*

**SUNDAY—LENT IV**

**23**

**4th MONDAY**

**LET THE SAINTS BE  
JOYFUL WITH GLORY**

*Psalm 149 v. 5*

*Praise God for all His saints. Ask your patron saint to pray for you.*

**24**

**4th TUESDAY**

**KEEP THY TONGUE FROM EVIL:  
AND THY LIPS, THAT THEY SPEAK  
NO GUILE**

*Psalm 34 v. 13*

*Pray that you may speak kindly about others, and that you may tell the truth.*

**25**

**5th WEDNESDAY**

**THEIR SOUND IS GONE OUT INTO  
ALL LANDS : AND THEIR WORDS  
INTO THE ENDS OF THE WORLD**

*Psalm 19 v. 4*

*Pray for all missionaries and teachers.*





*Their sound is gone out into all lands:  
and their words into the ends of the world*



26

5th THURSDAY

**BE STRONG, AND HE SHALL  
COMFORT THINE HEART** *Psalms 27 v. 16*

*Ask God that you may always use the grace and opportunities He gives you.*

27

5th FRIDAY

**WASH ME THOROUGHLY FROM  
MY WICKEDNESS : AND  
CLEANSE ME FROM MY SIN**

*Psalms 51 v. 2*

*Tell God you want to be very sorry for all your sins.*

28

5th SATURDAY

**TO BEHOLD THE FAIR BEAUTY OF  
THE LORD, AND TO VISIT HIS  
TEMPLE**

*Psalms 27 v. 4*

*Another Sunday is coming. Tell God you want to worship Him better.*



*Thou hast covered my head  
in the day of battle*

PASSION SUNDAY

5th MONDAY

**EVERY DAY WILL I GIVE  
THANKS UNTO THEE**

*Psalm 145 v. 2*

*Think of some special things to thank God for.*

5th TUESDAY

**LORD, I AM NOT HIGH-MINDED :  
I HAVE NO PROUD LOOKS**

*Psalm 131 v. 1*

*Ask God for the grace of humility.*

6th WEDNESDAY

**THOU HAST COVERED MY HEAD  
IN THE DAY OF BATTLE**

*Psalm 140 v. 7*

*Pray that you may always call upon God in times  
of temptation.*

32

6th THURSDAY

THE EYES OF ALL WAIT UPON  
THEE, O LORD : AND THOU  
GIVEST THEM THEIR MEAT  
IN DUE SEASON

*Psalm 145 v. 15*

*Thank God for your food and all His other gifts.*

33

6th FRIDAY

MY JOY SHALL BE IN THE LORD

*Psalm 104 v. 34*

*Pray that all your fun may be blessed by God.*

34

6th SATURDAY

MY SOUL HATH A DESIRE AND  
LONGING TO ENTER INTO THE  
COURTS OF THE LORD

*Psalm 84 v. 2*

*Pray for a well-kept Holy Week and Easter in your parish.*



**PALM SUNDAY**

**35**

**MONDAY IN HOLY WEEK**

**WHITHER SHALL I GO THEN  
FROM THY PRESENCE ?**

*Psalm 139 v. 6*

*Tell God you will try to remember Him more often  
during your daily life.*

**36**

**TUESDAY IN HOLY WEEK**

**THY WORD IS A LANTERN UNTO  
MY FEET : AND A LIGHT UNTO  
MY PATHS**

*Psalm 119 v. 105*

*Thank God for the Bible, and for all His truths  
taught to us by the Church.*

**37**

**WEDNESDAY IN HOLY WEEK**

**I SHALL FIND TROUBLE AND  
HEAVINESS AND I WILL CALL  
UPON THE NAME OF THE LORD**

*Psalm 116 v. 4*

*Pray for all sick and unhappy people.*

38

**MAUNDY THURSDAY**

**THOU SHALT PREPARE A TABLE  
BEFORE ME AGAINST THEM THAT  
TROUBLE ME**

*Psalm 23 v. 5*

*Thank God for the Mass and Holy Communion,  
given to us on the first Maundy Thursday.*

39

**GOOD FRIDAY**

**THEY PIERCED MY HANDS  
AND MY FEET**

*Psalm 22 v. 17*

*Our sins did this. Don't treat Good Friday too much  
like a holiday. Tell God how sorry you are for the  
sins of the whole world.*

40

**HOLY SATURDAY**

**I SHALL NOT DIE, BUT LIVE; AND  
DECLARE THE WORKS OF THE  
LORD**

*Psalm 118 v. 17*

*Tomorrow you will be giving thanks for the Resur-  
rection. Pray for a joyful share in the resurrection  
at the Last Day. "O my God, I hope in Thee, for  
grace and for glory."*